

Care Virasoothe™ - Chickenpox Relief Cooling Gel

Care Virasoothe Chickenpox Relief Cooling Gel is a revolutionary new product specifically formulated and clinically proven to relieve the irritating symptoms of chickenpox. It is suitable for children over six months of age and can be applied to both body and face. It is available from your local pharmacy.



For more information visit:
www.itchi.ie



Now there's an easier way
to prevent scratching
in chickenpox

How does Care Virasoothe work?



The red spots and blisters of chickenpox are often extremely itchy and scratching these spots can spread infection and lead to scarring. Care Virasoothe provides rapid cooling and soothing relief to the affected areas. This reduces the urge to scratch which allows the skin to heal more naturally, helping to reduce long term scarring.



ViraSoothe™

All the care you need.



The Problem

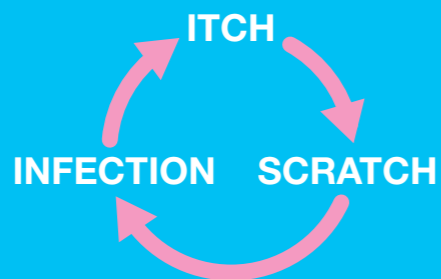
ITCHING

Irritability Sleeping Problems

SCRATCHING

Infection
↓
Delayed Healing
↓
Scarring

Care ViraSoothe
helps break the itch,
scratch, infection cycle.



References: 1. Birmingham Research Unit - Royal College of General Practitioners, 2007.
2. As advised by NHS Choices (Chickenpox, 2009).
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A Parent's Guide to Chickenpox

Sponsored by Care Virasoothe™
Chickenpox Relief Cooling Gel

Most children will get chickenpox. It can be a worrying and distressing time for parents, therefore this leaflet aims to answer some of your questions about this common childhood ailment.



What is chickenpox?

Chickenpox is a mild but infectious disease which is most common in children under 4 years of age.¹ It is caused by a virus called varicella-zoster.

How is chickenpox spread?

Chickenpox is transferred from one person to another through direct contact with the broken chickenpox blisters. It can also spread when someone with the infection coughs or sneezes.



What are the symptoms of chickenpox?

Before developing a rash, your child might have some flu-like symptoms, including:

- **Feeling sick**
- **Raised temperature or fever**
- **Loss of appetite**
- **Generally feeling unwell**



A couple of days after some or all of the above symptoms are noticed, a red rash appears, which starts as small, itchy red spots. These spots then become fluid-filled blisters which eventually scab over.

The rash can occur anywhere on their body and face including behind their ears, on their scalp and even the soles of their feet.

If you are at all worried about whether or not your child has chickenpox, call your GP.

What is the incubation period?

It can take 10-21 days for your child to develop the symptoms after they have come into contact with the virus. This is called the 'incubation period'.

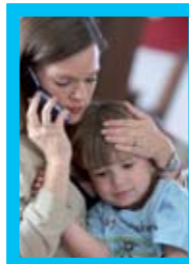
How long should I keep my child at home for?

Chickenpox is very contagious and is infectious until the last blister has burst and scabbed over. It is therefore advisable to keep your child at home until all of the blisters have fully crusted over.



Can my child get chickenpox more than once?

After having chickenpox, it is very rare to get it a second time.



Who should I inform if my child has chickenpox?

If your child has chickenpox, you should let your child's school or crèche know. Also, if you or your child has recently been exposed to the chickenpox virus, you may not be able to visit friends or relatives in hospital - you should telephone the ward to check first. It is also advisable to avoid contact with pregnant women, newborn babies, and anyone who has a weak immune system (such as people having chemotherapy or those with HIV or AIDS).

Are there any complications with chickenpox?²

It is unusual for children with chickenpox to get any complications and most cases are quite mild. The most common complication in children is when the blisters become infected. This can happen as a result of scratching, which can lead to long term scarring.

Should I see the doctor?²

You should contact your GP immediately if your child with chickenpox:

- **Is under 4 weeks old**
- **Has breathing difficulties**
- **Has chest pains**
- **Has skin blisters which become infected and look yellow and pus-filled**



How should I treat chickenpox?

As chickenpox is a virus there is no cure for it, but there are things you can do to help relieve your child's symptoms:

- **Try to make sure your child drinks plenty of water**
- **Ask your pharmacist for advice about giving children's paracetamol if your child has a fever**
- **Keep your child as cool as possible, cool sponging or bathing may help**
- **Dress your child in light, loose clothing and keep bedding to a minimum**
- **Keep your child's fingernails clean and short to help prevent deep scratching**
- **Apply Care Virasoothe Chickenpox Relief Cooling Gel, which is clinically proven to relieve chickenpox itching**

